

# CG SEAL Training Application

## Physical Fitness Screening Criticalities

Reference: MILPERSMAN 1220-100 Exhibit 1 & OPNAVINST 6110.1F

### 1) Swim, 500 yards:

- a. Time limit: 12 minutes 30 seconds, (competitive time: 10:00)
- b. Nonstop swim
- c. Utilizing breast or side stroke
- d. May push off pool sides during turns

### 2) 10 Minute Rest Period

### 3) Push-ups:

- a. Time limit: 2 minutes, (minimum repetitions 42, competitive 79)
- b. Performed on a firm or suitability padded, level surface
- c. Shoes Optional
- d. Begin in the front-leaning rest position, palms of hands placed on floor directly beneath or slightly wider than shoulders
- e. Feet together on floor
- f. Back, buttocks & legs shall be straight from head to heels throughout test
- g. Toes & palms of hands shall remain in contact with floor
- h. Feet shall not contact a wall or other vertical support surface
- i. Timer shall signal start & call out 15-second intervals until 2 minutes elapse
- j. Lower entire body as a single unit by elbows until upper arms, shoulders, and lower back are aligned & parallel to deck
- k. Return to starting position
- l. Rest in the up position only
- m. Repeat correctly as many times as possible in 2 minutes
- n. Incorrect repetitions will not be counted
- o. **Test is ended if participant:**
  - i. **Touches deck with any part of body except hands & feet**
  - ii. **Raises one or both feet or hands off deck or ground**
  - iii. **Fails to keep back, buttock, & legs straight from head to heels**

### 4) 2 Minute Rest Period

### 5) Curl-ups (sit-ups):

- a. Time limit: 2 minutes, (minimum repetitions 50, competitive 79)
- b. Conducted with partner on level surface on a blanket, mat or other suitable padding
- c. Start lying flat on back with knees bent, heels about 10 inches from buttocks.
- d. Arms shall be folded across & touching chest with hands touching upper chest or shoulders
- e. Feet shall be held to floor only by partner's hands
- f. Timer shall signal start for participant & call out 15 second intervals until 2 minutes elapse

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- g. Curl body up, touching elbows to thighs while keeping hands in contact with chest or shoulders
- h. Lower back touching lower edge of shoulder blades to deck
- i. Rest is in the up or down position.
- j. Repeat correctly as many times as possible in 2 minutes
- k. Incorrect repetitions will not be counted
- l. **Test is ended if participate:**
  - i. **Lowers legs**
  - ii. **Raises feet off ground or floor**
  - iii. **Lifts buttocks off ground or floor**
  - iv. **Fails to keep arms folded across & touching chest**
  - v. **Fails to keep contact with chest or shoulders**

### 6) 2 Minute Rest Period

### 7) Pull-ups:

- a. Time limit: none, (minimum repetitions 6, competitive 11)
- b. Start by grasping pull-up bar & hang straight down
- c. Hands with palms facing away at shoulder width
- d. Repetitions counted aloud by member each time he pulls his chin over bar
- e. No swing or bicycle feet movement & must maintain vertical position
- f. **Test is ended if participate:**
  - i. **Removes both hands from bar**
  - ii. **Allows either/both feet to touch deck or floor**

### 8) 10 Minute Rest Period

### 9) 1.5 miles Run:

- a. Time limit: 11 minutes 30 seconds, (competitive time: 10 minutes 20 seconds)
- b. Wearing full length ODU trousers & boots